



A MINUTE OF HEALTH WITH CDC

Reporting on the Flu: Who, When, Where

Update: Influenza Activity — United States, September 30–December 1, 2007

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This program is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Every year, CDC gets information from all over the United States about how many people are getting sick with the flu. In early December, we're not seeing many flu cases yet, but typically those numbers rise and peak after the New Year, so it's not too late to get a flu shot. A flu shot will help protect against the flu and also reduce the spread of flu to others. For some people, flu can have very serious and even life-threatening complications, so it's important to prevent it whenever possible. Flu season lasts until spring, so check with your health care provider to find out where you and your family can get flu shots.

Thank you for joining us on *A Minute of Health with CDC*.

To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.